

What to Serve at the Shower Parties in Honour of the June Bride-to-be

Suggestions for the Meal Whether the Weather is Cool or Warm. Hints That Will Help Make the Party a Success. Recipe for Molded Salmon and Vinaigrette Sauce.

Shower parties are often informal. Of course, you may entertain at luncheon or instead you may ask your guests for late afternoon and serve what used to be called "high tea."

Nowadays we call this buffet supper, which is convenient when you are having more than a few guests. Luncheon may be buffet style and the menu will not differ materially from that of a supper.

If the day is warm festivities may begin with a punch rather than cocktails. The accompaniments may be as simple or elaborate as you like. I sug-

gest crispy cheese puffs, which recipe is a new one. A dunking tray is also a good choice.

For the main part of the meal. A molded salmon loaf surrounded by stuffed eggs or tomatoes stuffed with vegetable salad is attractive when served on a large platter. Minced chicken or ham may replace the salmon.

Saratoga potatoes and either hot or cold asparagus vinaigrette will go well with this. For dessert you might like

to have a large layer cake which may have a ring, a button, a thimble and a piece of money in it and furnish means of prognosticating the future.

If you prefer a hot meal there are shrimps Newburg, crabmeat au gratin, scalloped haw with mustard sauce and the very popular chicken a la king, with which you may serve a green salad and hot biscuits.

Molded Salmon
1 cup (8 ounces) cooked or canned Salmon.
1 tablespoon granulated gelatin.
1/4 cup cold water
3/4 cup mayonnaise
1/2 cup chopped celery
2 tablespoons minced green pepper.
1/4 cup chopped olives
1/2 teaspoon salt
1/4 teaspoon paprika
1 tablespoon lemon juice
Dash of cayenne

Remove bones and skin from salmon and flake. Soften gelatin in cold water five minutes. Place bowl over boiling water and stir until gelatin is dissolved. Cool slightly and add salad dressing or mayonnaise, mix well. Add remaining ingredients and blend well. Pour in one-quart mold and chill until set. Unmold on bed of lettuce and garnish with olives and sliced hard-cooked eggs. Yield, six servings.

Vinaigrette Sauce
1 teaspoon salt
1/2 teaspoon paprika
1-3 teaspoon pepper
1/2 teaspoon dry mustard
1/2 teaspoon sugar
1 tablespoon tarragon vinegar
2 tablespoons cider vinegar
1-3 cup olive oil
1 tablespoon minced pickles
1 tablespoon chopped stuffed olives
1 teaspoon chopped onions

Mix all ingredients and beat well. Serve cold with cold meats or heat to poiling point and serve with hot vegetables, such as spinach, broccoli, artichokes and asparagus. Yield, about 1/2 cup sauce.

(Released by The Bell Syndicate Inc.)



(By Edith M. Barber)



That Body of Yours

By James W. Barton, M.D.

Pain in Back and Sides of Chest May be Due to Rib Joints

When I was a student we took up the study of the structure of the bones, joints, and muscles, during the first year and nerves and bloodvessels during the second year. When we began the third year and during the fourth and fifth we were forgetting about bones, joints, muscles and nerves in our intense interest in the branches of medicine in which we tried to locate the cause of the symptoms and apply treatment.

We classed sciatica—pain in sciatic nerve going down the back of the leg—as a form of rheumatism and treatment was to apply heat or open a point on the nerve and give the nerve a stretch. This operation was to break up "adhesions"—the sticking together of tissues which had become attached to the sciatic nerve.

Dr. Joel E. Goldthwait, Boston, in the New England Journal of Medicine says, "To-day very few cases of pain in back of the leg, formerly called sciatica, are treated by using heat, surgery, nerve stretching of the leg itself, but it is realized that most cases are due to conditions in the low back." This refers to strain of the ligaments holding joints together in lower back or to arthritis in these joints.

Dr. Goldthwait points out that there are twenty-four joints connecting the back end of the ribs to the sides of the spine—one for each rib. Besides these twenty-four joints, there are twenty joints, ten on each side, connecting the upper ten ribs to the outer process of the spine which is used for attachment of muscles which keep spine straight or erect. All these ribs form the back wall of the chest.

What does this mean? "This makes forty-four joints used by the chest, each being a true joint and capable of disease and injury, as would be true with the other 'joints.' Further, other joints get a chance to rest, whereas the rib joints never rest, because they are used in breathing. Thus, when these joints are affected by disease or injury, there is really no way of giving them complete rest and thus allaying the pain and irritation in these joints."

The small amount of rest that can be obtained is obtained by holding the chest halfway between breathing in and breathing out.

The point, then, is, with pain at back of chest extending almost to side of chest, the fact that disease or injury of these joints may be the cause, should be remembered.

Chronic Rheumatism and Arthritis
Send today for this amazingly helpful booklet by Dr. Barton entitled "Chronic Rheumatism and Arthritis (No. 109). It contains many helpful suggestions re diet, heat, exercise for chronic rheumatism and arthritis. Enclose Ten Cents with your request

Beauty and You

by PATRICIA LINDSAY



This is a simple dressing for hair that has been devitalized through bleaching or from an illness.

If Hair Is Not Healthy Dress It Simply

Any illness which drains the body of its vitality will also weaken hair and rob it of its gloss and elasticity. You know hair must have elasticity to be healthy, otherwise it is brittle and will break. After any fever a woman will notice that her hair has suffered too and it will not stay as she dresses it.

At such a time the first impulse is to rush and get a new permanent wave, hoping that will help the coiffure. You should not obey that impulse for the last thing in the world devitalized hair needs is a crimping by a permanent wave machine.

Much better for you to make a series of weekly appointments for scientific scalp treatments and to rest as much as possible and eat full, well-balanced meals. Your hair, during this recuperation should be dressed simply and should be set without any lotion whatever. Give your hair a chance to grow healthy again before you attempt an intricate coiffure or a new wave.

Remove Dead Cuticle
Much reconstruction work on your scalp may be done at home if you cannot spare the time or money for salon treatments. There is a splendid sulphur scalp ointment which does a neat job of removing dead cuticle and correcting the lighter dandruff cases. A bit is rubbed onto the scalp every single day for a hot oil treatment and a bland soap shampoo. Repeat this simple procedure for one or two months, along with ten minutes of brushing each day. Brush your hair out in the open and sunshine if you can—and go about with your hair flying freely when you are in the sun. Having the sulphur ointment on your scalp will protect it enough during this time providing the sun is of spring and not mid-summer strength.

Caution your hairdresser to set your hair so you may brush it hard without pulling out the wave. A good hairdresser knows how to do this—he notices how your natural wave is inclined to fall and sets it accordingly. If your hair is short the ends should be set loosely and not in tight ringlets.

You might become so fond of the simple, functional setting that you will not be interested in a more elaborate hair-do, excepting for very gala occasions!

And do refrain from using any dyes or bleaches after an illness. Even though the shade may look a mess you owe it to your hair to help it back to health as much as you can. Any bleach or dye strips the hair of its normal beauty and elasticity.

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Young Men from Timmins Enlisting in the R.C.A.F.

Many Timmins young men have been enlisting with the R.C.A.F. — or it might be more accurate to say that recently a number of young men who applied for entry into the R.C.A.F. have been called to the colours. The North Bay Nugget in its issue of Thursday last shows a group of ten young men enlisting with the R.C.A.F. The photograph includes Bert Horby, and R. Birkeit, of Timmins, training as pilots, and Alex Strang, of Timmins, as pilot observer.

EAST INDIES DEFENDED

An informed Dutch source said this morning that the authorities of the Netherlands East Indies were less apprehensive about a Japanese invasion because of satisfactory defence measures.

STATES BUILDS TANKERS

The petroleum industry and the Maritime Commission are co-operating on plans to build thirty-eight new tankers, costing about \$100,000,000 to combat the growing oil shortage on the Atlantic coast.

Try the Advance Want Advertisements

New Books at the Timmins Library

Together With Brief Comment on Some of the New Books.

The following is a list of the new books just received at the Timmins public library, with references to the contents of some of the volumes:—

Non-Fiction
"I was a Head Hunter," by Lewis Cummings—The author was adopted into a South American head hunting tribe of Indians.

"Coconut Quest," by J. S. Phillips—A battle is waged against a coconut insect pest in the South Sea Islands.

"Popular Home Decoration," by Mary Gillies—How to achieve smart, sensible and attractive rooms at low cost. Illustrated with colour plates.

"The Managerial Revolution," by James Burnham—This definition and explanation of totalitarianism indicates that all countries are heading for rule by managers.

"Where Angels Dared to Tread," by O. Calverton—Utopian settlements in the United States from the earliest communers to the "heavens" of Father Divine.

"The Bottlenecks of Business," by Thurman Arnold. A shrewd commentary on our economic system, its weakness and its strength, the "bottlenecks" which obstruct the free flow of goods.

"Corner Druggist," by Robert Nixon.—The life of an old-fashioned druggist; friend, adviser and confessor of an era.

"Louisiana Hayride," by Harnett Kane.—Reveals the inner workings of the party machine that was Huey Long's legacy to American political practice.

"A. B. C. of Co-operatives," by Gerald Richardson.

"War Letters from Britain," by Diana Forbes-Robertson.

"What I Believe," by Sholem Arch.

"Treasury of American Song," by Olin Downes.

"History of Motion Pictures," by Maurice Bardeche.

"Hardy Chrysanthemums," by Alex Cummings.

"Better Lawns," by Howard Sprague.

"Training for Championship Athletics," by Ward Crampton.

"The Gladiolus," by F. McLean.

"The Fine Art of Propaganda," a study of Father Coughlin's speeches.

"Speaking of Servants," by Edith Barber.

"You Must Relax," by Edmund Jacobson.

"Mine Plant Design," by W. W. Staley.

"The Aeroplane and Its Engine," by Cld. Chatfield.

"Igneous Rocks," by Reginald Daly.

"Practical Tunnel Driving," by Harold Richardson.

"Character Education," by Harry McKewen.

"Principles of Professional Beauty Culture," by Herman Goodman.

"Machine Tool Operation," by H. D. Burghart.

"The Art of Conversation," by Milton Wright.

"Exit Laughing," by Irvin S. Cobb.

"Bush Master," by Nicol Smith.

"Ayaneece Doctor in Paradise," by S. M. Lambert.

Fiction
"City of Illusion," by Vardis Fisher.

"The story of the Comstock Lode.

"In My Father's House," by James

which recalls with its simple but vivid imagery the life of the Jews as an agricultural people, and also their steadfastness to the Law, which, through them, was presented and taught to the whole world of nations."

Street.—A family story with a delightful father and son relationship.

"That None Should Die," by Frank Slaughter.—An idealistic young surgeon sets out to fight depression conditions.

"Captain Paul," by Edward Ellsberg. The career of John Paul Jones who was pirate, slaver, captain of a merchantman at twenty-two, and commander of the first vessel to fly the stars and stripes.

"Portulaca," by Berenice Harris.—In her earlier novel, "Purslane," Mrs. Harris wrote of the simple, earthy cotton farmers of the South. In this new novel she writes of the "petite noblesse" of the same locale.

"Post Stories of 1940," by Trumbo.

"Remarkable Andrew," by Knight.

"Walking the Whirlwind," by Knight.

Pleasant Evening Last Week at Stork Shower

Mrs. T. Viitasaari was guest-of-honour last week at a stork shower, when Mrs. Florence Floyd entertained at the home of Mrs. G. Viitasaari, Birch street north. Many friends of the guest-of-honour were present, and she received numerous lovely gifts. A dainty lunch was served and a pleasant social evening was spent.

Lions Club Hears Fine Talk on Work Being Done for Blind

Dr. S. A. Saunders Was the Guest Speaker at Thursday's Meeting.

The regular weekly meeting of the Timmins Lions Club was held in the Empire Hotel on Thursday evening with president Alex Allen in the chair. Guests at the meeting were Mr. D. B. Lawley and Dr. S. A. Saunders representatives now in the Porcupine Institute for the Canadian National Institute for the Blind. Guest speaker of the evening was Dr. Saunders.

Dr. Saunders outlined the wonderful work that the Canadian National Institute for the Blind was doing for persons that have been deprived of their sight. He told of how the persons were taught trades so that they could support themselves and not become a burden on the community. Many of the persons that the Institute were looking after had been established in business and were making a big success of it.

The speaker also heaped praises upon the Lions Club for their help in the Clubs' major activity "Sight Conservation." The talk was an inspiration showing what could be done by persons thus handicapped.

The speaker was heartily thanked for his fine talk by Lion Emile Brunette.

Lion Walter Greaves, president of the Timmins branch of the Canadian Legion and chairman of the committee in charge of the organizing of the Drumhead service and parade that was held yesterday, asked the members of the club to participate in this event.

Lion Maurice Williams presented

Provincial Police Charge Two More With Selling Beer

The Timmins detachment of the Ontario Provincial Police have been particularly active lately against those persons who are believed to be making their living by selling beer illegally. Those "unlicensed beverage rooms" have been taking a beating lately.

Charges are now pending against two more persons in the township of Mountjoy. The charges are keeping beer for sale. About half-past three on Friday morning the provincial police closed a surprise visit to an establishment conducted by Fernand Laberge, in Mountjoy Township, on the road to Cook's Lake, just past the radio tower. Police say that they found some persons in the place drinking beer and that they have reason to believe that the man was selling.

The following night after twelve o'clock on Friday night the police again appeared at another spot in Mountjoy Township. This time they were a little closer to town and struck at Archie Miners place on the other side of the Mattagami Bridge. Police say that they have been keeping observation on the place and that they saw the man selling the beer. They are alleged to have found eleven persons in the place drinking the amber beverage illegally.

In last week's police court four persons from Mountjoy Township were charged with keeping beer for sale and were all remanded till Tuesday. Tomorrow's court is rapidly developing into a docket that should be tried at home across the bridge. With the arrest of Archie Miner the total of persons in Mountjoy Township to be tried to-morrow was brought to seven.

Daily Ceremonial Victory Loan Pledge Flag Raising

This morning there was a ceremonial pledge flag raising in connection with the Victory Loan. Lt. J. Kelman, of the town engineering department, is the chairman of the committee in charge. Each day the event is in the hands of a different organization. This morning the Boy Scouts looked after the pledge flag raising. The following was the programme:—

1. Boy Scouts assemble at cenotaph.
2. Bugle Band plays fanfare.
3. Pledge flag raised by Scouts.
4. Major Brunette addresses crowd.
5. God Save the King.

Each day during the campaign there will be a similar ceremonial pledge flag raising event. The event will be at 8:30 a.m. each day, except Saturday, when it will be at 10 a.m.

perfect attendance buttons to seven of the members. The Lions who received the buttons were: Alex Allen, Ray Eddy, Bill McDermott, Chip Ball, Harold Pirie, Leo Laporte and Stan Fowler.

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